



# Tiny Bites Total Big Calories!



*"I never eat between meals."*



*"Almost everything I eat is low fat."*



*"I rarely have dessert."*

Do you ever hear (or maybe say!) these comments, and then wonder "But, why am I still gaining weight?"

To answer that question we often have to look closer and check those "tiny" bites of food we might overlook throughout our day. For instance:

## **Bite 1:**

One-fourth cup of orange juice is left in the carton. You might as well finish it, right?

**Calories: 26**

## **Bite 2:**

Two tablespoons of fruity loops are left in your child's bowl. You eat it before putting the bowl in the sink.

**Calories: 50**

## **Bite 3:**

You add two teaspoons of sugar to your coffee in the morning.

**Calories: 31**

## **Bite 4:**

You take just a small "sample" of leftover cake. Well, maybe a second "sliver" would be O.K. too!

**Calories: 73**

## **Bite 5:**

Oops! You forgot to ask them to leave the mayo off the hamburger this noon.

**Calories: 100**

## **Bite 6:**

Add two mints. You also forgot to have them leave off the onion! Better have a mint or two for your breath, just in case.

**Calories: 20**

## **Bite 7:**

You are watching TV and feel a little thirsty. Oh, a cola sounds good!

**Calories: 140**

## **Bite 8:**

While you are in the kitchen, you see some chips and decide to have a few. What's the harm, it's just a tiny handful and not like you are going to eat the whole bag!

**Calories: 105**

## **Bite 9:**

Cheese on cracker at grocery store. After all it's only a small sample.

**Calories: 55**

## **Bite 10:**

At the check out counter, you notice the pop in the cooler and reach for one.

**Calories: 140**

## **Bite 11:**

Two tablespoons macaroni and cheese. You sample it as you cook to make sure it tastes O.K.

**Calories: 54**

## **Bite 12:**

One-fourth cup macaroni and cheese. There's a small amount left over. It hardly seems worth the effort to refrigerate only a fourth cup. You don't want to toss it, so you eat it.

**Calories: 108**

## **The Grand Total**

**"Extra" Calories For The Day: 902**

If these extra calories are eaten daily, it might be possible to gain more than a pound a week! On average, an additional 3,500 calories above your body's needs can lead to a weight gain of a pound.

If you've been adding "mystery" pounds, consider counting the calories in those "tiny" bites!